

Think before you lift

Always consider the four TILE factors before lifting:

- Task
- Individual (yourself)
- Load
- Environment

1. Task

What are you going to do?

Use plant or equipment such as a barrow instead if you can, to avoid manual handling.

2. Individual

Have you had training? Are you able to lift safely, with good posture?

Do you need someone to help?

Are you wearing the right PPE?

3. Load

Consider the weight, content, size and shape of the load. How far must it be moved?

Can you break the load down?

Get help if it is too bulky or heavy to lift safely.

4. Environment

What's the path of travel?

What are the hazards? Can you see clearly?

Don't lift if you can use a tool.

Get help if you need it.

And if you must lift, remember to take care of your back by lifting correctly.

Name (please print in block capitals)	Signature

I confirm that I have given this briefing to the people who have signed above.

The briefing was held at _____ site/office, on _____ (date)

by : _____ (name) job title: _____

Signed: _____

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